

Critical Thinking

“If I Only Had a Brain!”



“How can you talk if you haven’t got a brain?”

“I don’t know – but some people without brains do a lot of talking, don’t they?”

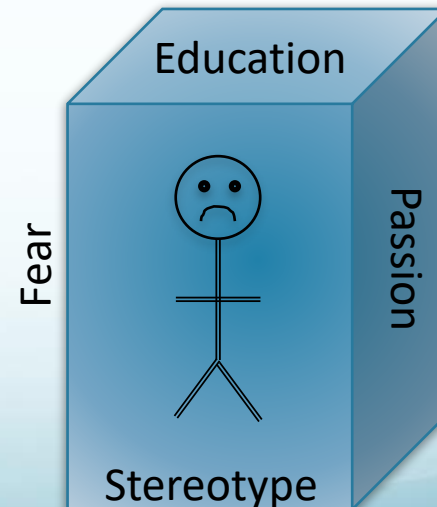
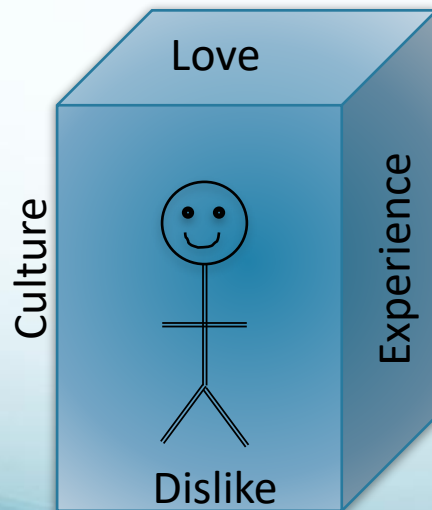
“Yes, I guess you’re right...”

What is Critical Thinking?

Thinking about thinking?

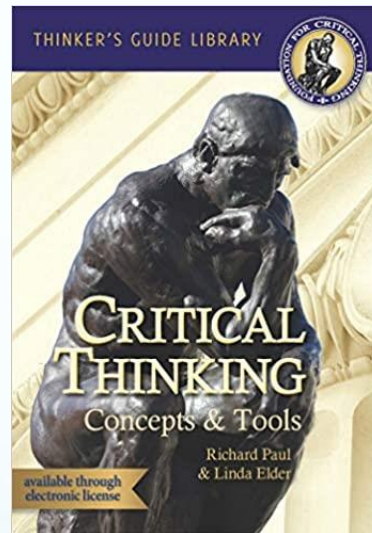
Thinking “outside the box”

Quality control of the mind?



One Definition We Use

Critical Thinking is the art of analyzing and evaluating thinking with a view to improve it.



www.criticalthinking.org

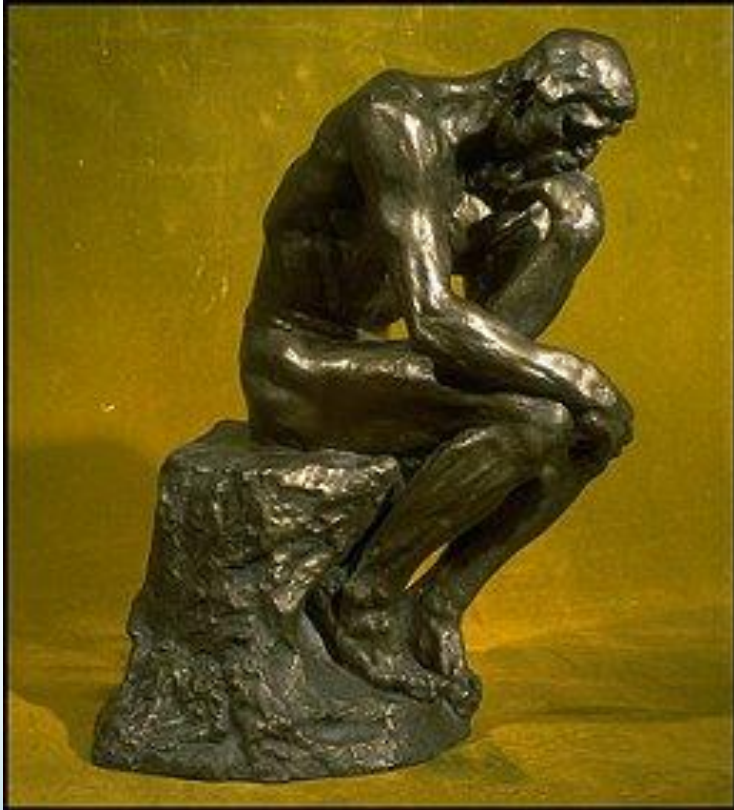
Critical thinking is self-directed, self-disciplined, self-monitored, and self-corrective thinking.

Critical Thinking Goal

- The ability to understand a concept fully, taking in different sides of an idea while not being swayed by the propaganda or other fraudulent methods used to promote it." --Denise Selleck
- "A definition of critical thinking is the disposition to think clearly and accurately in order to be fair." --Richard Paul

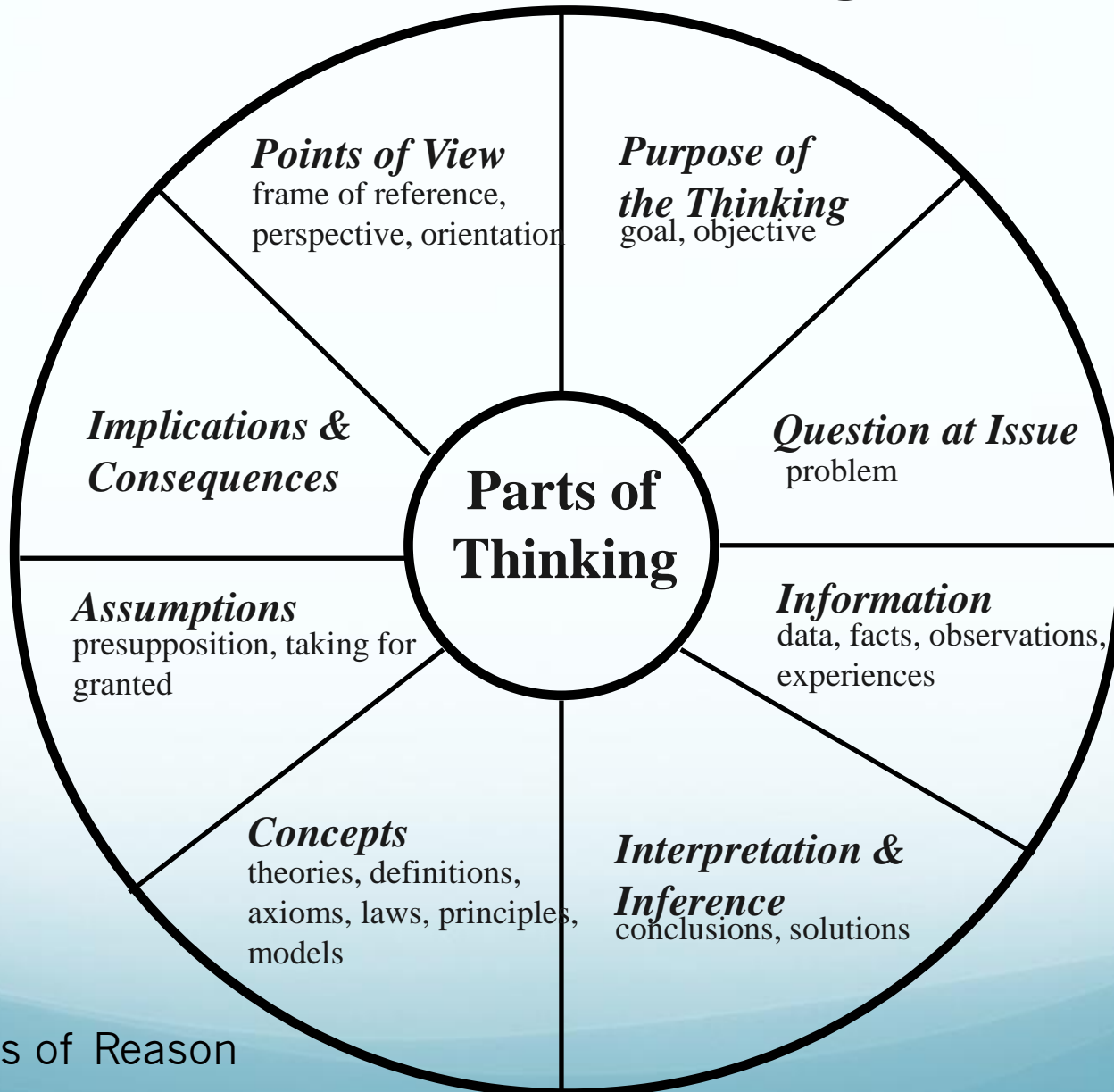
Critical thinkers *question their own thoughts* as well as those of others, formulate well-reasoned arguments to *support their ideas*, recognize the *possibility of change* in their understanding, and *express their ideas clearly*, using coherent language.

Critical Thinking



“Critical thinking implies examining a thought in depth, from multiple points of view, and not settling for the first thought that comes along.”

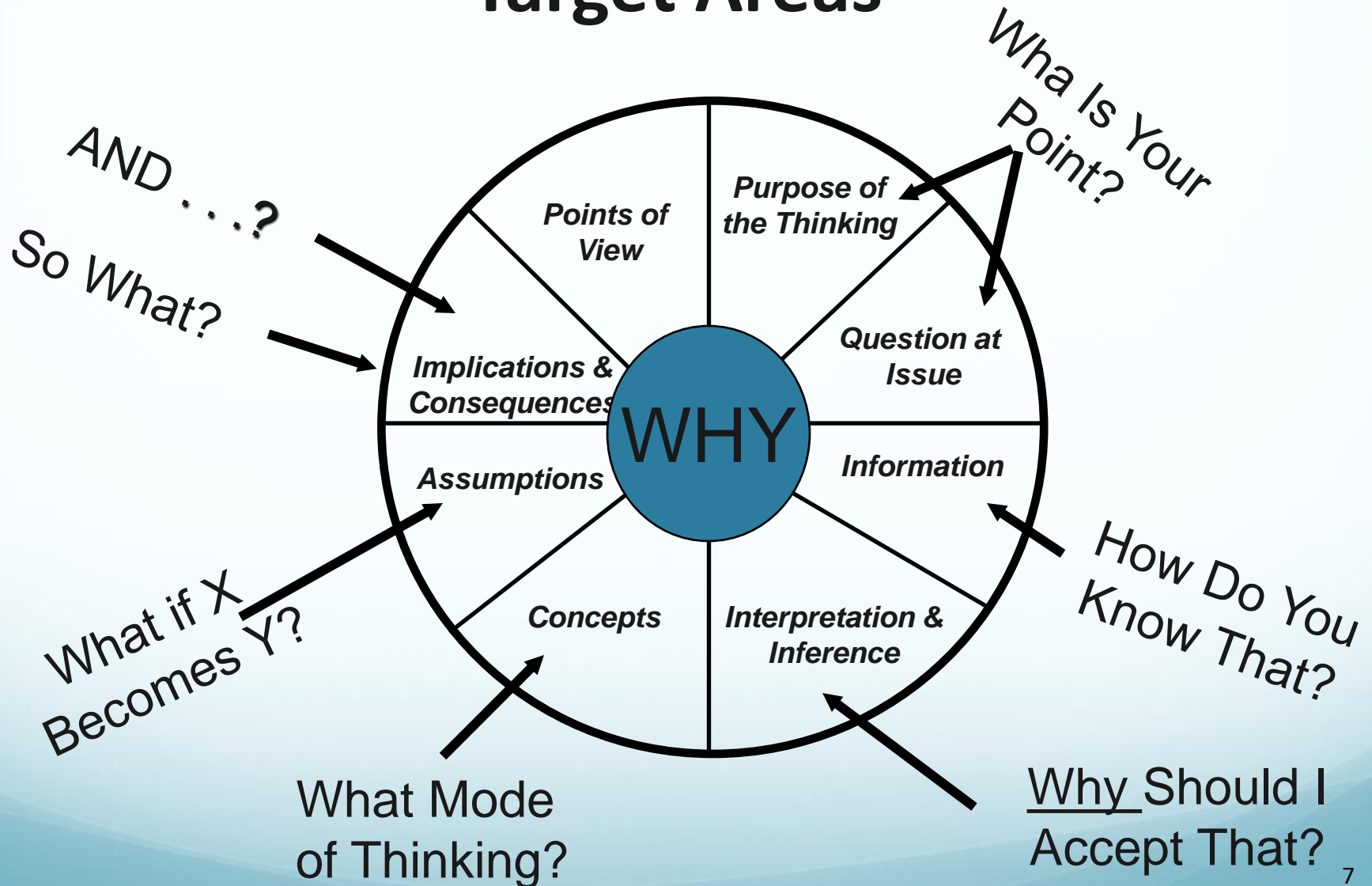
Parts of Thinking



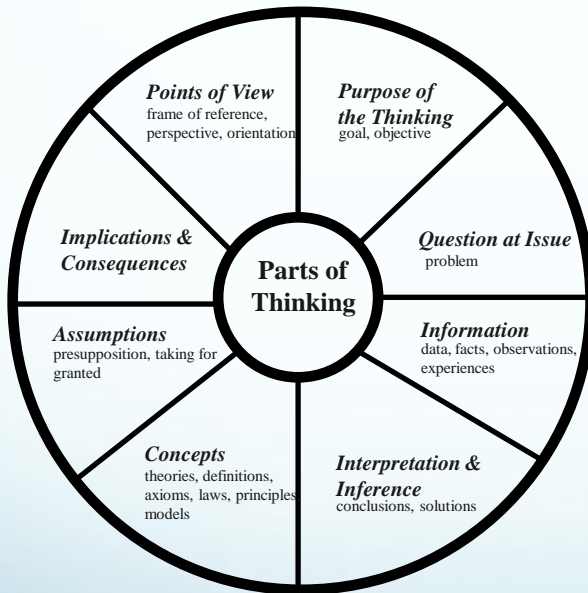
AKA: Elements of Reason

Parts of Thinking

Target Areas



Universal Intellectual Standards



Clarity Could you elaborate
Give me an example

Accuracy How can we find out if its true
How can we verify that

Precision Be more specific
Give me more details

Relevance How does that relate
How does that help with the issue

Depth What are some of the complexities
What difficulties do we need to deal with

Breadth Do we need to look from a diff perspective
Consider another point of view

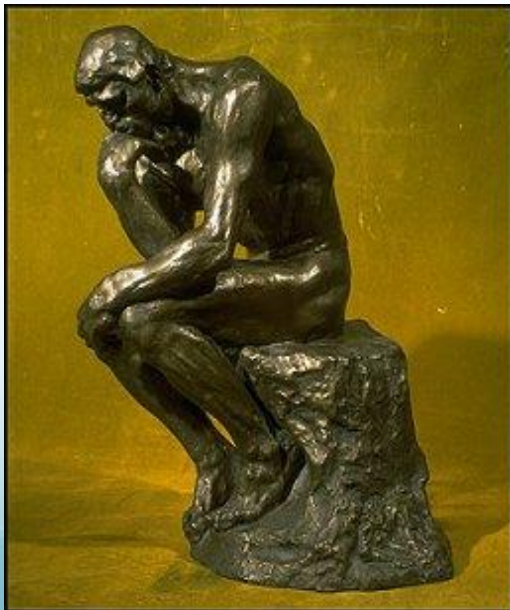
Logic Does this follow from the evidence
Does this make sense all together

Significance Is this the most important issue
Is this the central idea

Fairness Do I have a vested interest here
Am I sympathetic to other points of view 8



So What Does
This Have To Do
With
Communication?



Review

Critical thinkers question their own thoughts as well as those of others, formulate well-reasoned arguments to support their ideas, recognize the possibility of change in their understanding, and express their ideas in clear, coherent language.



Review

Ideation

Encoding

Transmission

Sender

Message

(Refracting Conditions)

Behavior

Intentions

Feelings

Interpretation

Senses

Receiver

Feedback

Reception

Decoding

Ideation

Barriers

Hostility

Inarticulateness

Hidden Agendas

Emotional - Blocks

Status



Barriers

Stereotyping

Physical Environment

Mind Wandering

Defensiveness

Relationship

Preoccupation

Charisma

So, What Gets In the Way?

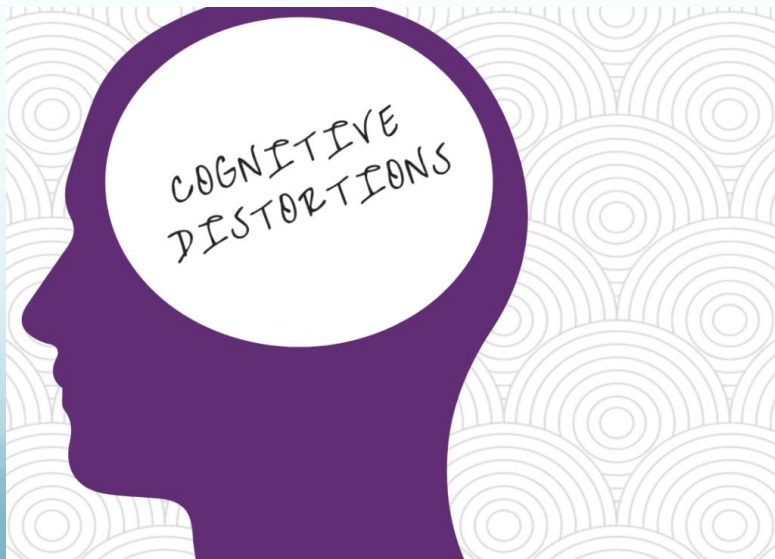
Cognitive Distortions



Biased perspectives we take on ourselves and the world around us.

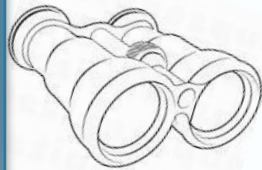
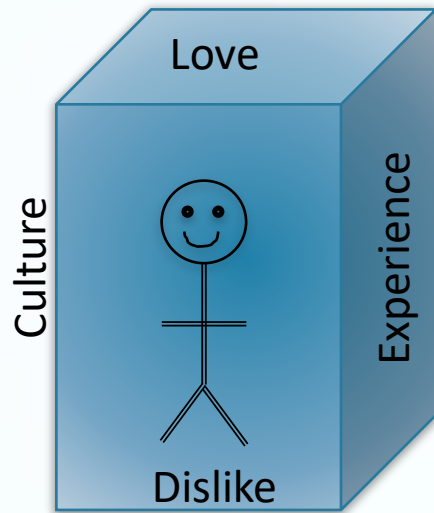
They are irrational thoughts and beliefs that we unknowingly reinforce over time.

1. Filtering
2. Polarized Thinking
3. Overgeneralization
4. Mind Reading
5. Catastrophizing
6. Personalization
7. Control Fallacies



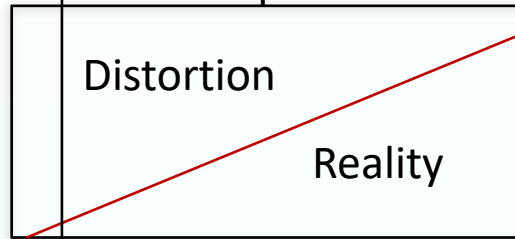
15 Styles of Distorted Thinking

8. Fallacy Of Fairness
9. Blaming
10. “Shoulds”
11. Emotional Reasoning
12. Fallacy Of Change
13. Global Labeling
14. Being Right
15. Heaven’s Reward Fallacy



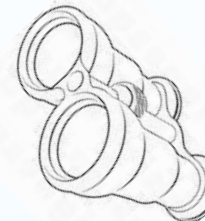
Awareness

Perception

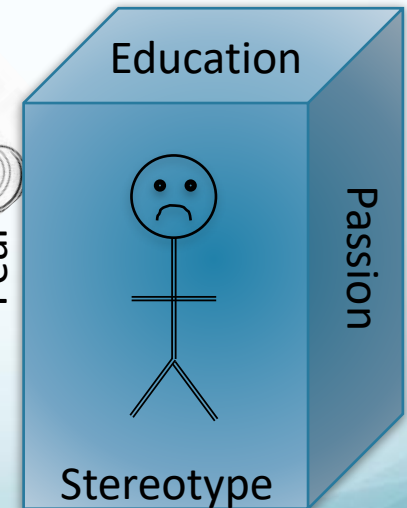


What is my Goal? vs. What is Their Goal?

- ✓ Instrumental
- ✓ Relational
- ✓ Self-Presentational



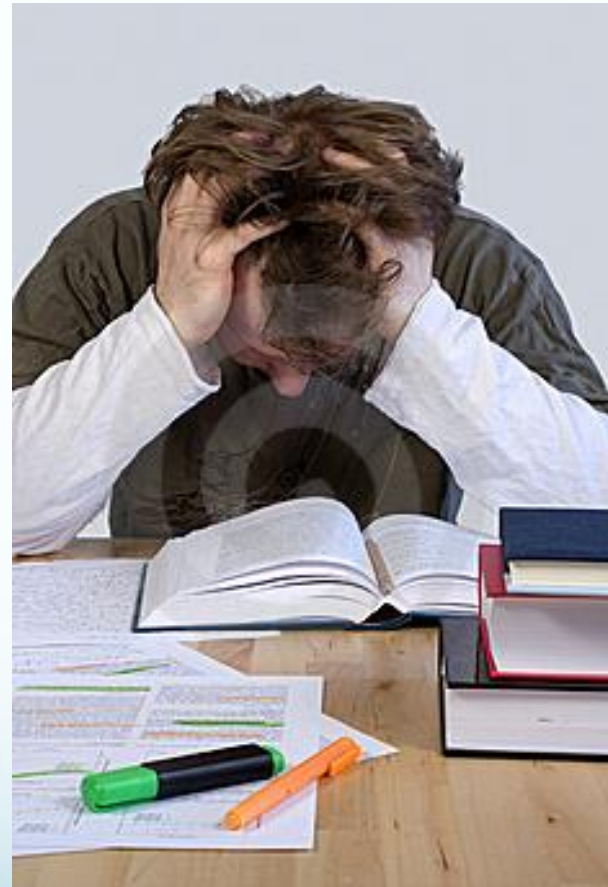
Fear



What is the goal?
Who is using What Lens?

It is a wonder that we can share the same idea at all!

What do we use to
really understand one
another?

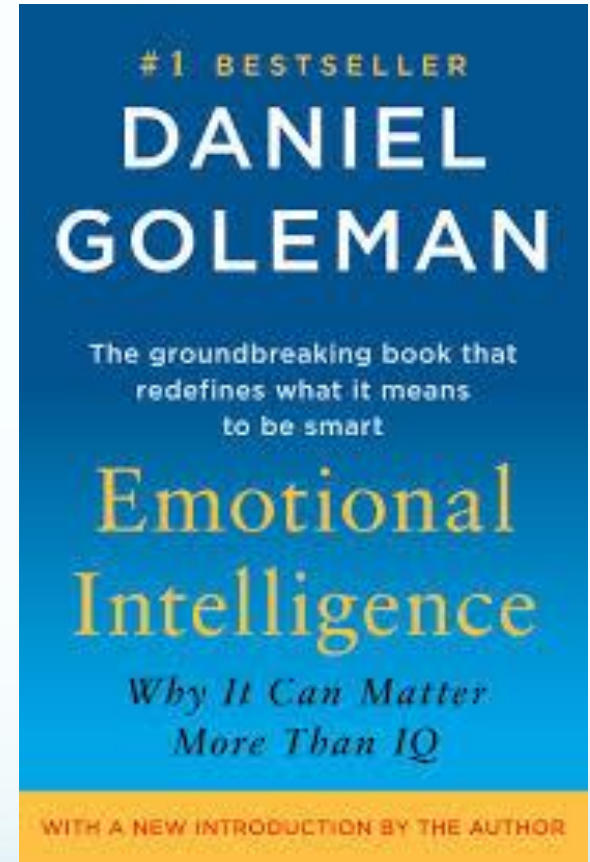


Emotional Intelligence

A term created by two researchers – Peter Salavoy and John Mayer – and popularized by Dan Goleman in his 1996 book of the same name.

We define EI or EQ as the ability to:

- ✓ Recognize, understand and manage our own emotions
- ✓ Recognize, understand and influence the emotions of others



Emotional Intelligence



It's a scientific fact that emotions precede thought. When emotions run high, they change the way our brain function... diminishing our cognitive abilities, decision-making powers, and even interpersonal skills, like **COMMUNICATION.**

Emotional Intelligence

In his book Working With Emotional Intelligence, Daniel Goleman cites the Harvard Business School research that determined that EQ counts for twice as much as IQ and technical skills combined in determining who will be successful.



So, What Is It Really??

In practical terms, it means being aware that emotions can drive our behavior and impact people (positively and negatively) and **learning how to manage those emotions** – both our own and others – especially when we are under pressure.

Five Domains of EI

1. Knowing your emotions.
2. Managing your own emotions.
3. Motivating yourself.
4. Recognizing and understanding other people's emotions.
5. Managing relationships, i.e. managing the emotions of others.

Emotional Intelligence

What is it really??



Self

Social

Self-Awareness

Emotional Self-Awareness
Accurate Self-Assessment
Self-Confidence

Social-Awareness

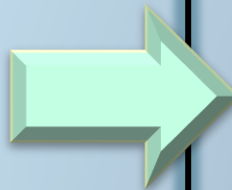
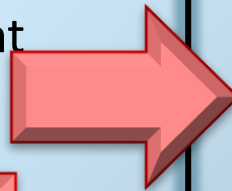
Empathy
Organizational Awareness
Service Orientation

Self-Management

Self-Control
Transparency
Adaptability
Achievement Drive
Initiative

Relationship Management

Inspirational Leadership
Developing Others
Influence
Change Catalyst
Conflict Management
Building Bonds
Teamwork / Collaboration



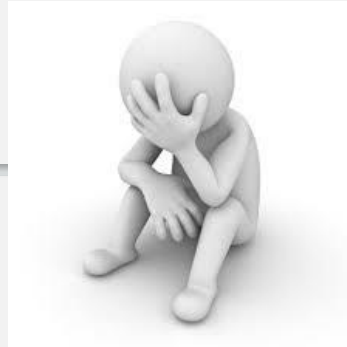
Low Emotional Intelligence

Aggressive
Demanding
Egotistical
Bossy
Confrontational

Easily Distracted
Glib
Selfish
Poor Listener
Impulsive

Resistant to Change
Passive
Un-Responsive
Slow
Stubborn

Critical
Picky
Fussy
Hard to Please
Perfectionistic



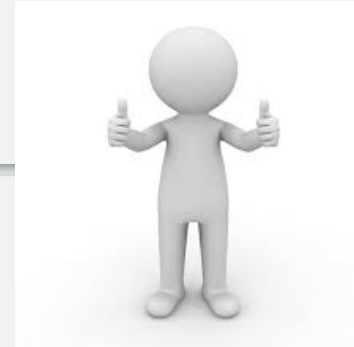
High Emotional Intelligence

Assertive
Ambitious
Driving
Strong-Willed

Warm
Enthusiastic
Sociable
Charming
Persuasive

Patient
Stable
Predictable
Consistent
Good Listener

Detailed
Careful
Meticulous
Systematic
Neat



Emotional Intelligence

Clearly the problems we face every day are not solved by intelligence alone. In the past 100 years, the mean IQ globally has gone up about 32 points, (<https://ourworldindata.org/intelligence>), but we still are facing major challenges in the ways that people relate to each other and to themselves.

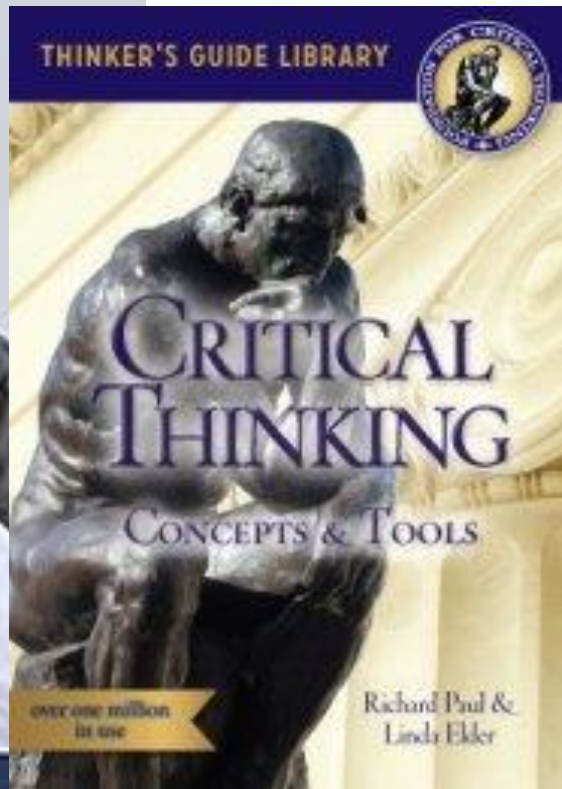
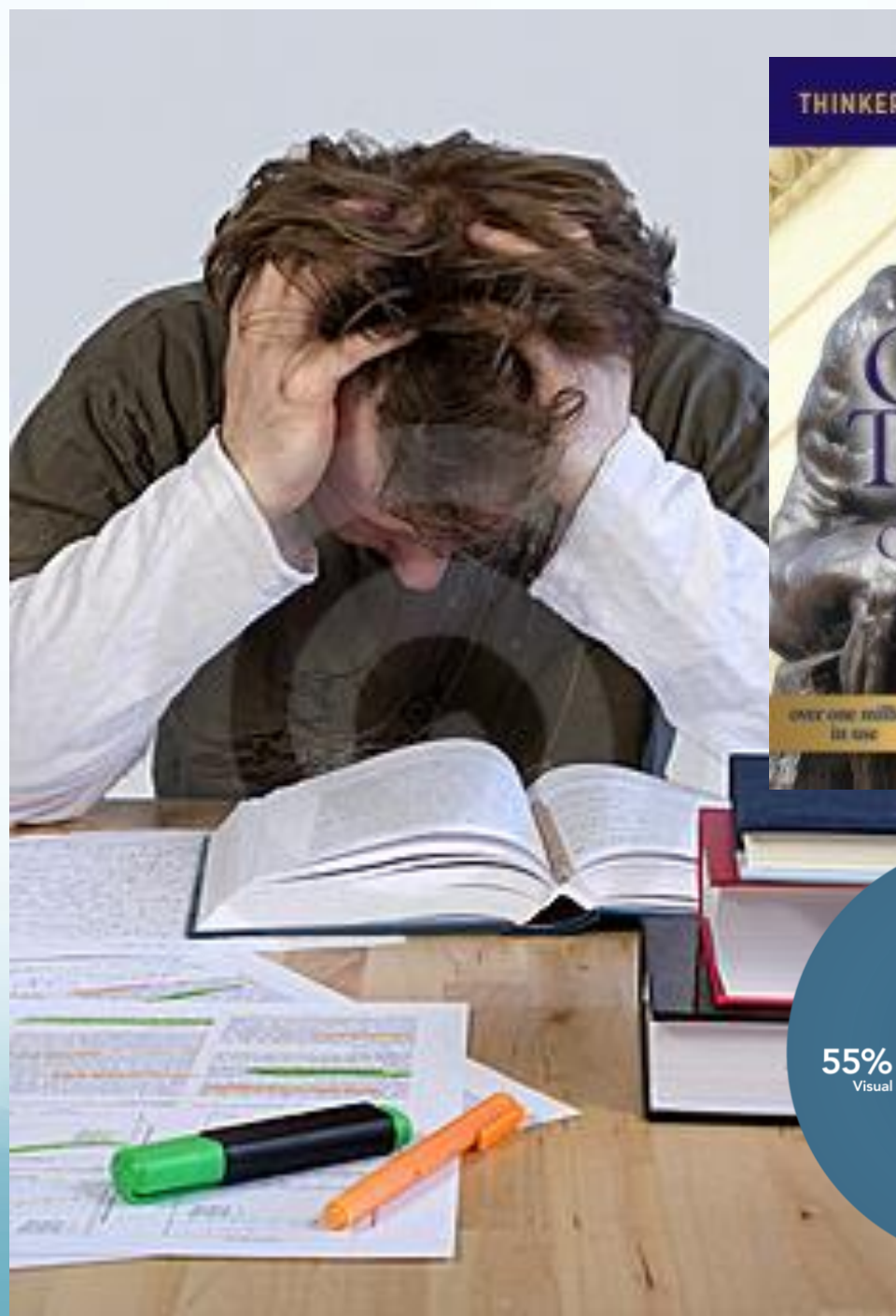
Because the traditional definition of thinking is not enough, Emotional Intelligence (EI) provides a different way of looking at a variety of problems.

Emotional Intelligence

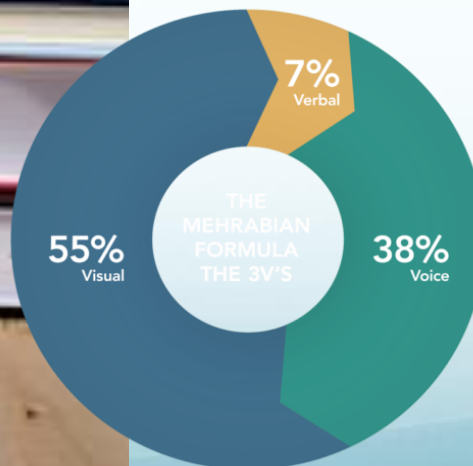
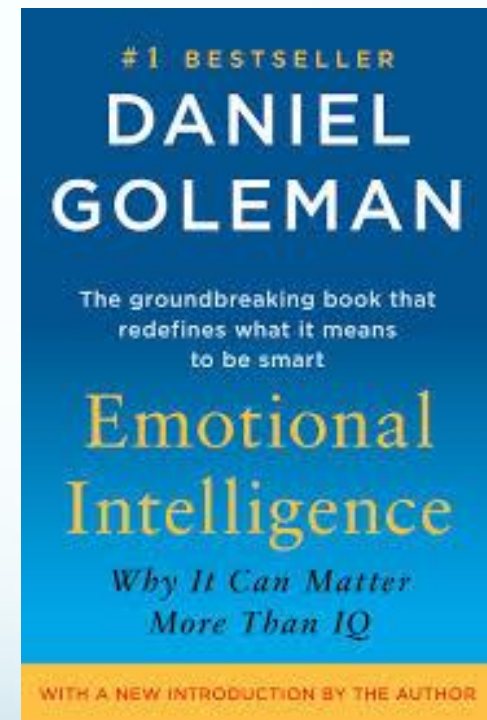
When would there be a need to manage Emotions?

- Giving and receiving feedback
- Meeting tight deadlines
- Dealing with challenging relationships
- Not having enough resources
- Dealing with change
- Dealing with setbacks and failure





My Head Hurts



Let's Take A Lunch

BREAK

Please be back at: 12:30